



Self-Determination Materials & Resources

Resources & Materials from *The Essentials of Self-Determination Online Training Module*

I Am Determined (website)

Virginia Dept. of Education website FULL of lesson plans, videos, activities, checklists, and assessments focused on providing self-determination skills and training to youth.

www.iamdetermined.org

Tackling the Tough Skills: A Curriculum Building Skills for Work and Life (comprehensive kit)

Curriculum developed at the University of Missouri for at-risk youth, welfare-to-work participants, and other "hard to reach" audiences.

Trotta, R. (2008). St. Louis, MO: Curators of the University of Missouri, a public corporation. (\$80.50)

<http://extension.missouri.edu/tough-life-skills/index.htm>

411 on Disability Disclosure (Free downloadable document)

This workbook teaches youth and adults about disability disclosure to help them make informed decisions about disclosing their disability and the impact disclosure may have on their lives.

National Collaborative on Workforce and Disability (NCWD) for Youth. (2005). Washington, DC: Institute for Educational Leadership. (Free)

<http://www.ncwd-youth.info/411-on-disability-disclosure>

Pennsylvania Youth Leadership Network (PYLN) Secondary Transition Toolkit: Developed BY Youth FOR Youth (website)

This toolkit was created by youth with disabilities to help youth in their transition into the adult world. The toolkit includes three phases, each containing personal stories from the PYLN members and information and activities to help youth in transition take charge of their lives.

<http://pyln.org/>

Self-Determination: Instructional and Assessment Strategies (book)

This book teaches special needs students to make independent decisions about employment, job skills, further schooling, and independent living at all grade levels.

Wehmeyer, M.L. & Field, S.L. (2007). Thousand Oaks, CA: Corwin Press. (about \$35)

<http://www.corwin.com/home.nav>

Next S.T.E.P.: Student Transition and Education Planning (comprehensive kit)

This kit helps students take responsibility for choosing and implementing their own transition goals with the support of teachers and parents.

Halpern, A.S., Herr, C.M., Doren, B., & Worlf, N.H. (2000). Austin, TX: PRO-ED. (\$55, Teacher Manual)

www.proedinc.com

Self-directed IEP (comprehensive kit)

This kit encourages self-determination by teaching students to actively participate in and lead their own IEP meetings.

Martin, J.E., Marshal, L.H., Maxson, L., & Jerman, P. (1998). Longmont, CO: Sopris West. (\$158)

<http://store.cambiumlearning.com>

Self-Determination Strategies for Adolescents in Transition (book)

This book promotes self-determination in school with strategies to be implemented by teachers and introduces them to new techniques for increasing students' self-determination.

Field, S., Hoffman, A., & Spezia, S. (1998.) Austin, TX: PRO-ED. (\$13)

www.proedinc.com



Transition Trek Game (board game)

This board game helps youth with disabilities plan for life after high school.

Pacer Center (1996). Minneapolis, MN: PACER Center Inc. (\$35)

<http://www.pacer.org/publications/transition.asp>

Steps to Self-Determination: A Curriculum to Help Adolescents Learn to Achieve Their Goals, 2nd
(comprehensive kit)

This curriculum includes components that promote self-determination through assessment, teaching decision-making skills, goal setting, and other techniques for improving students' transition outcomes.

Hoffman, A., & Field, S. (2005). Austin, TX: PRO-ED. (\$126)

www.proedinc.com

The Self-Advocacy Strategy: For Enhancing Student Motivation and Self-Determination (book)

This book helps students prepare for and participate in education or transition planning conferences through motivation and self-determination.

Van Reusen, A.K., Bos, C.S., Schumaker, J.B., & Deshler, D.D. (2007). Lawrence, KS: Edge Enterprise, Inc. (\$20)

<http://www.kucrl.org/sim/strategies/advocacy.shtml>

Expanding the Circle: Respecting the Past Preparing for the Future (comprehensive kit)

Ness, J., & Huisken, J. (2002). Minneapolis, MN: Institute on Community Inclusion, University of Minnesota. (\$129)

This curriculum helps American Indian high school students plan for successful transitions using culturally relevant activities.

<http://ici.umn.edu/products/curricula.html>

ChoiceMaker Self-Determination Curriculum: Choosing Employment Goals (2000) (comprehensive kit)

This program helps students use their school and community-based experiences to identify and express employment interests, skills, limitations, and goals.

Martin, J.E., Marshal, L.H., Maxson, L., & Jerman, P. (1998). Longmont, CO: Sopris West. (\$125)

<http://store.cambiumlearning.com>

ChoiceMaker Self-Determination Curriculum: Choose and Take Action Finding the Right Job for You (comprehensive kit)

This program helps students with cognitive disabilities assess and identify their vocational preferences and teaches self-determination skills.

Martin, J.E., Marshal, L. H., Wray, D., Wells, L., O'Brien, J., Olvey, G.K., & Johnson, Z. (1997). Longmont, CO: Sopris West. (\$125)

<http://store.cambiumlearning.com>

W.A.G.E.S. Working at Gaining Employment Skills: A Job-Related Social Skills Curriculum For Adolescents (book)

Students learn important social skills in this book to help them find and maintain employment.

Johnson, M.D., Bullis, M., Benz, M.R., & Hollenbeck, K. (2004). Longmont, CO: Sopris West. (\$44)

<http://store.cambiumlearning.com>



Additional Self-Determination Resources

iamtyler.com (video)

This website was started by Tyler, a student with cerebral palsy, to educate the world about Ability Awareness.

<http://imtyler.org/>

Zarrow Center for Learning Enrichment (website)

Includes transition and self-determination educational materials and assessments. Including AIR Self-Determination Assessment, the ARC Self-Determination Scale, and Field & Hoffman Self-Determination Assessment (includes a parent scale and an observation checklist).

<http://education.ou.edu/zarrow/>

Youth and Disability Disclosure: The Role of Families and Advocates (Free downloadable document)

This document helps educate youth and families about disability disclosure to help them access adult services and disability-related accommodations in the postsecondary world.

<http://www.ncwd-youth.info/information-brief-21>

Student Directed IEP: Transition Focused, Person Planning, and Self Determination (website)

This link is to a website established by two previous winners of the Iva Dean Cook Teacher of the Year Award. It is a comprehensive site with free, downloadable instructional materials for implementing the four core perspectives espoused by IDEA and by the TOTAL grant project. Its goal is to put transitional issues first in a student's IEP meeting.

http://www.vermiliontpc.com/iep/student_directed_iep.htm

NSTTAC (website)

The National Secondary Transition Technical Assistance Center (NSTTAC) has identified a number of evidence-based practices in the areas on student planning and student development. On the website, choose "Student-Focused Planning" or "Student Development."

http://www.nsttac.org/ebp/evidence_based_practices.aspx

The following list of resources was adapted from:

Uphold, N.M., Walker, A.R., & Test, D.W. (2007). Resources for involving students in their IEP process. *Teaching Exceptional Children Plus*, 3(4), <http://escholarship.bc.edu/education/tecplus>

Can I go to the IEP meeting?

Presents questions students should ask themselves to learn more about their strengths in the IEP planning stage.

<http://www.idonline.org/article/6304>

IEP Template

This template supplies worksheets for middle school students to complete to assist with drafting their IEP.

<http://cde.sagepub.com/content/27/1/101>

Helping students develop their IEPs: Student guide and Technical assistance guide

The student guide includes learning about IEP and how to prepare for meeting. The technical Assistance Guide provides suggestions for teaching older students about drafting their IEP.

<http://www.nichcy.org/InformationResources/Documents/NICHCY%20PUBS/st1.pdf>

<http://www.nichcy.org/InformationResources/Documents/NICHCY%20PUBS/ta2.pdf>



IEP portfolio template

This article on planning and implementation strategies includes lessons, an implementation action plan, sample IEP portfolio pages, and student perspectives. It also includes an IEP Portfolio Template for student use as a guide to lead IEP meeting.

<http://hawbaker.pls.iowapages.org/id2.html>

How to help students lead their IEP meetings

This teacher's guide instructs students on how to participate in or lead their IEP meeting.

http://eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ679560&ERICExtSearch_SearchType_0=no&accno=EJ679560

Developing student competence in self-directed IEPs

This teacher's guide trains secondary students on how to be involved in their IEP meetings.

<http://www.questia.com/googleScholar.qst;jsessionid=MjLJfQBXMqF9XWXdV6LJJn5phGCh2L5kgHG8SppS9zbYD1mXLyLd!-1117454965!-1689544633?docId=5007943921>

Checklist for student-led IEP meeting

This is a sample checklist for IEP presentation during a student-led IEP team meeting for students in secondary school.

<http://www.nccse.org/data/documents/parents/CAC/usefulDocs/sampleChecklistForStudentLedIEP.pdf>

Student-directed IEP PowerPoint Template

This link goes to a student-directed IEP template using PowerPoint and includes a sample IEP using the PowerPoint template.

http://www.vermiliontpc.com/iep/student-led_iep_001.htm

Activities for students, parents, and IEP teams to support student participation in IEP

This website links to a PDF with activities for question development, meeting script, role play, practice, interactive games, and other activities related to student participation in IEP meetings.

<http://www.picofdel.org/programs-resources/IEPActivities.pdf.pdf>